Clackamas Community College

Online Course/Outline Submission System

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Section #1 General Course Information

Department: Health/PE

Submitter

First Name: Tracy
Last Name: Nelson
Phone: 3274
Email: tracyn

Course Prefix and Number: PE - 194

Credits: 1

Contact hours

Lecture (# of hours): Lec/lab (# of hours): Lab (# of hours): 33 Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title: Professional Activities

Course Description:

Team skills and strategy courses. Designed to provide the student with basic skills and methodology necessary to conduct physical fitness programs in the school, corporate, and community setting. Emphasis is placed on fitness concepts, techniques of weight training and aerobic exercises to encourage life-long physical activity. Course offerings are: basketball, softball, volleyball, cross-country, track and field, soccer, and wrestling.

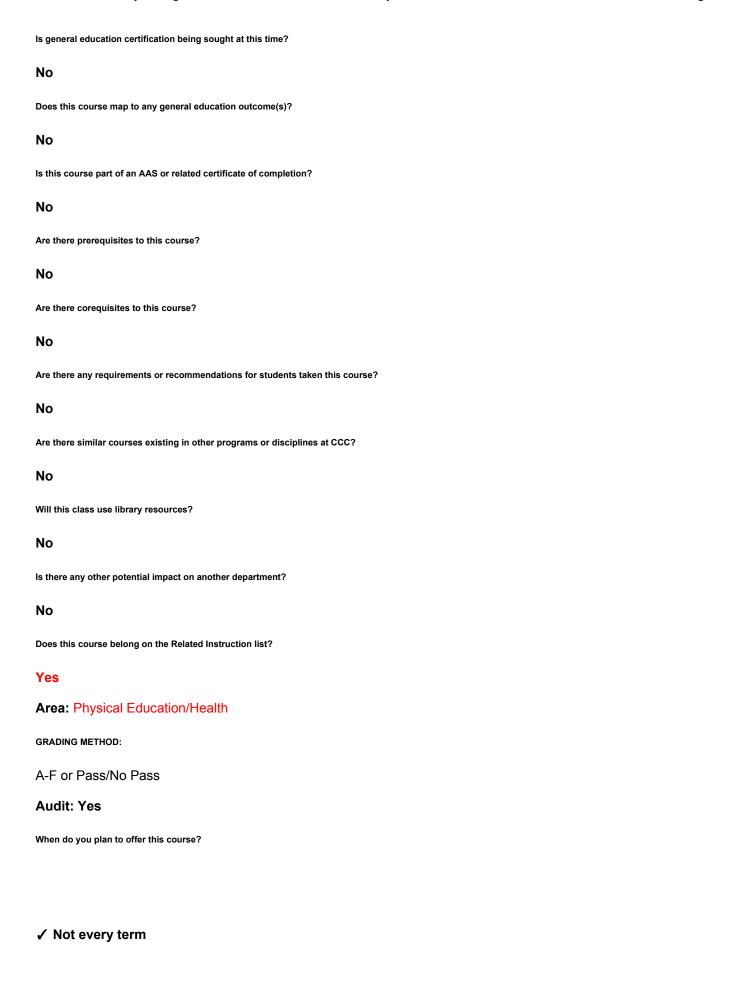
Type of Course: Lower Division Collegiate

Is this class challengeable?

No

Can this course be repeated for credit in a degree?

No



Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

No

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

- 1. demonstrate their understanding of basic skills and methodology necessary to conduct a safe fitness program,
- demonstrate basic knowledge and implementation of fitness testing.

This course does not include assessable General Education outcomes.

Major Topic Outline:

- 1. Pre/Post Fitness Tests.
- a. Strength and Cardiovascular Training.
- b. Flexibility.
- c. Body Composition.
- 2. Principles of conditioning.
- 3. Injury prevention.
- 4. Nutrition and Performance.

Does the content of this class relate to job skills in any of the following areas:

Increased energy efficiency
 Produce renewable energy
 Prevent environmental degradation
 Clean up natural environment
 Supports green services

Percent of course: 0%

Section #2 Course Transferability

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

- 1. Is there an equivalent lower division course at the University?
- 2. Will a department accept the course for its major or minor requirements?
- 3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)					
Identify comparable course(s) at OUS school(s)					
How does it transfer? (Check all that apply)					
now does it transier? (Oneck all that apply)					
:					
First term to be offered:					
Next available term after approval					